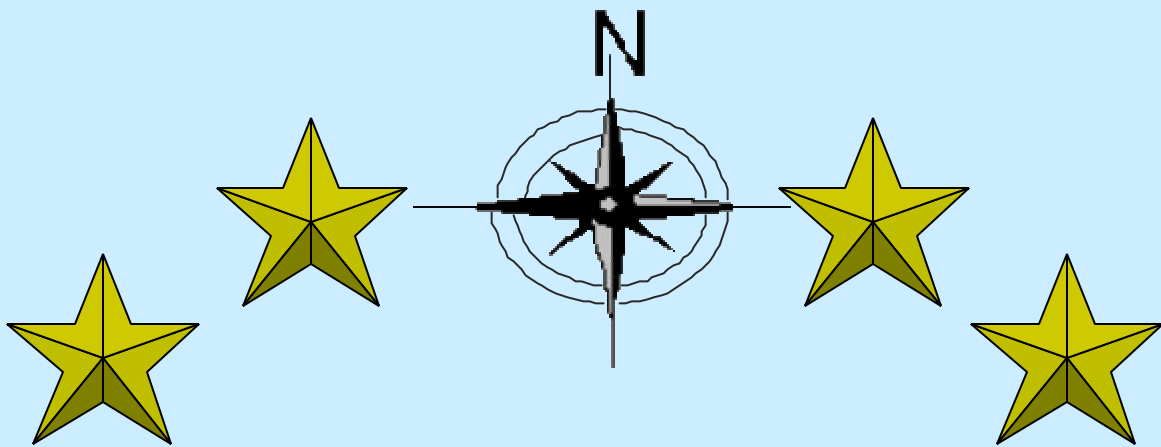


COMNAVRESFOR Instruction



Health Promotion



FORGE THE FUTURE

Fit Today for Tomorrow's Challenges

The Navy's New Strategic Weapon



DEPARTMENT OF THE NAVY

COMMANDER NAVAL RESERVE FORCE
4400 DAUPHINE STREET
NEW ORLEANS, LOUISIANA 70146-5046

COMNAVRESFORINST 6110.3
N01M

19 APR 1999

COMNAVRESFOR INSTRUCTION 6110.3

Subj: HEALTH PROMOTION PROGRAM (HPP)

Ref: (a) OPNAVINST 6100.2
(b) MHS Strategic Plan Jan 1998
(c) SECNAVINST 5100.13B
(d) OPNAVINST 6110.1E
(e) SECNAVINST 6100.5
(f) OPNAVINST 5350.4B
(g) SECNAVINST 5300.30C

1. Purpose. To provide guidance for implementing and evaluating the HPP and maximize healthy lifestyles to increase individual and total force readiness.

2. Background. Commander, Naval Reserve Force (COMNAVRESFOR) totally supports the HPP in reference (a). Reference (b) emphasizes readiness and health promotion for Armed Forces personnel and others who are eligible for care. The Navy and its personnel have a joint responsibility to maintain an optimal state of health, well being, and mobilization readiness. Approximately 50 percent of all deaths and illnesses in the United States relate directly to unhealthy lifestyle habits: Tobacco use; poor diet; lack of exercise; alcohol abuse; and unmanaged stress. Additional compromises to health and productivity result from undiagnosed or inadequately controlled hypertension and injuries. Positive lifestyle and behavioral changes can result in better health, enhanced quality of life, and improved readiness of the Naval Reserve Force. HPPs are a combination of health education and related organizational, social, economic, and health care interventions designed to improve and protect health.

3. Applicability and Scope. This instruction applies to all Naval Reserve Force personnel. Beneficiaries and civilians may participate on a voluntary basis as resources permit.

4. Policy. COMNAVRESFOR will oversee force readiness and optimize individual health and fitness. Health Promotion/Health Protection Programs are designed to provide awareness, education, and intervention to maintain healthy lifestyles. Elements of the Navy HPP include, but are not limited to the following:

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- a. Tobacco Use Prevention and Cessation (reference (c)).
- b. Physical Fitness (reference (d)).
- c. Injury Prevention (reference (a)).
- d. Nutrition Education (reference (a)).
- e. Weight Management (reference (a)).
- f. Stress Management (reference (a)).
- g. Suicide Awareness (reference (e)).
- h. Alcohol and Substance Abuse Prevention and Control (reference (f)).
- i. Hypertension Education and Control (reference (a)).
- j. Sexually Transmitted Disease and Human IMMUNODEFICIENCY Virus Prevention (reference (g)).

5. Program Responsibilities. Naval Reserve Force HPPs will be integrated with already mandated Navy HPPs. COMNAVRESFOR is responsible for:

- a. Providing coordination of the HPP at the Headquarters, Secretary of the Navy, and Department of Defense levels.
- b. Coordinate with the Total HPP Advisory Board and Navy Environment Health Center HPP Manager.
- c. Monitore program effectiveness and efficiency.

6. Action

- a. COMNAVSURFRESFOR and COMNAVAIRESFOR will start and monitor the HPP per the Total Force Policy.
- b. Personnel are ultimately responsible for their own lifestyle choices and physical readiness. All hands will become familiar with the HPP and objectives.


J. W. YOUNG, JR.
Chief of Staff

Distribution: (COMNAVRESFORINST 5218.2B)

List A (A3 (N095), A5, A6 only)

B1 (23C (N01M), 26B3, 42RR, FR21 only)

B2 (FR3, FR4, FR5, FR9, FR10, FR11, FR14, FR23, 26TTT only)

B6 (FJA8 only)

E9 (24J4, (B-3), 46B (A, C, F) only)